



A Nutrition Resource

# BAKED POTATOES

**Yield:** 4 Servings | **Serving Size:** 1/2 potato

**Cost/Serving:** \$0.70

**Ingredients:**

2 white or sweet potatoes

Optional toppings: cheese, low fat sour cream, olives, mushrooms, green pepper, broccoli, etc.

**Directions:**

To bake in an oven:

1. Wash, scrub, and pierce potatoes on all sides with a fork.
2. Bake at 425°F for 40 to 60 minutes.

To bake in a microwave:

1. Wash, scrub, and pierce potatoes on all sides with a fork.
2. Cook on high for 6 to 8 minutes. Turn potato over. Cook an additional 6 to 8 minutes. Turn potato over. Cook an additional 6 to 8 minutes on high or until potato is tender.
3. Top with optional toppings.

**Note:** Nutritional information is for half a potato, with no toppings.

## Nutrition Facts

8 servings per container  
**Serving size 0.5 potato (74g)**

Amount per serving  
**Calories 50**

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 13g	5%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D --mcg	--%
Calcium 10mg	0%
Iron 1mg	6%
Potassium --mg	--%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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